

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1-800-463-2338, ext. 36077 (toll free)</p>		1	2	3
			<p>Music Appreciation (Spring Series) 10:30am-12:00pm</p> <p>BIPOC Conversation & Arts Collective 6:00pm - 8:00pm</p>	<p>Statutory Holiday</p>
6	7	8	9	10
<p>Statutory Holiday</p>	<p>Peer Support Drop-In (Spring Series) 12:00pm - 1:30pm</p> <p>Mindfulness for All 12:30pm - 2:00pm</p> <p>Women, Work & Racism 3:00pm - 5:00pm</p> <p>WRAP for Families Information Session 4:30pm - 5:30pm</p>	<p>Wellness Resource Exchange 2:30pm - 4:00pm</p>	<p>Music Appreciation 10:30am-12:00pm</p> <p>Better Communication 10:30am-12:30pm</p> <p>BIPOC Conversation & Arts Collective 6:00pm - 8:00pm</p>	
13	14	15	16	17
<p>Writing Drop-in Group (Spring Series) 1:00pm - 2:00pm</p>	<p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Mindfulness for All 12:30pm - 2:00pm</p> <p>Women, Work & Racism 3:00pm - 5:00pm</p> <p>WRAP for Families 4:30pm - 7:30pm</p>		<p>Music Appreciation 10:30am - 12:00pm</p> <p>Better Communication 10:30am - 12:30pm</p> <p>BIPOC Conversation & Arts Collective 6:00pm - 8:00pm</p>	
20	21	22	23	24
<p>Writing Drop-in Group 1:00pm - 2:00pm</p>	<p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Mindfulness for All 12:30pm - 2:00pm</p> <p>Women, Work & Racism 3:00pm - 5:00pm</p> <p>WRAP for Families 4:30pm - 7:30pm</p>		<p>Music Appreciation 10:30am-12:00pm</p> <p>Better Communication 10:30am-12:30pm</p> <p>BIPOC Conversation & Arts Collective 6:00pm - 8:00pm</p>	
27	28	29	30	
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Upcoming Courses

WRAP for Families – Information Session

WRAP for Families provides strength-based support for family members of people with mood disorders. The program will help family members to develop and practice self-care strategies, learn the key concepts of mental health recovery, and be introduced to the concept of peer support. Family members will learn to exemplify recovery principles and in turn be of greater support to individuals experiencing mental health challenges. **Students must attend this info session to be enrolled in WRAP for Families.**
Tuesday | April 7th | 4:30pm-5:30pm | 1025 Queen St West Rm 1206 | Open

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Tuesdays | April 14th – May 19th | 4:30pm-7:30pm | 1025 Queen St. W Rm 1206 | Pre-registration

Mindfulness for All – Spring Session

Adapted from Mindfulness Based Stress Reduction. Mindfulness doesn't have to be sitting still for long periods and feeling our bodies in ways that might be uncomfortable for us. In this Mindfulness series we will be learning mindfulness together in ways that we can individualize it for our unique selves. This program will be a chance to learn and practice these adapted mindfulness tools in an inclusive and neurodiversity-affirming setting that is open to beginners and experienced meditators alike. This program happens in-person and requires registration. New mindfulness techniques will be taught each week, in an 8 week cycle. We will have some fun while taking care of our wellbeing. Mindfulness is not therapy- but a set of tools we can access anywhere, anytime, with practice.
Tuesdays | March 31st – May 19th | 12:30pm – 2:00pm | 1025 Queen St West | Open

Better Communication

This is a four week information-style course led by a Lived Experience Peer Support Specialist. This course is designed to help participants identify communication styles and habits, understand common communication errors, and learn to resolve conflicts within personal and work relationships.
Thursdays | April 9th– April 30th | 10:30am - 12:30pm EDT | Virtual | Open

Open

These courses are currently accepting registrations.

Waitlist

These courses are full. Register to be notified if a space becomes available before the course begins.

Closed

These courses are no longer accepting new registrations.

Register at clc.camh.ca

If you or someone you know are interested in learning more about the Collaborative Learning College, please visit clc.camh.ca.
Phone: 365-275-7135 | Email: clc@camh.ca



Upcoming Courses

BIPOC Conversation & Arts Collective

This BIPOC Conversation and Arts Collective aims to create a space for racialized folks with mental health lived experience where we can freely speak about the issues that make our experience with mental health unique because of our racial identity. Through facilitated dialogue using a range of activities, participants will learn useful emotional regulation techniques (mindfulness, grounding, etc.), develop self-compassionate self-talk, and explore their individual cultural identities and how (re)connecting with those identities can aid in their healing journeys. New members always welcome, previous group members will enjoy new activities and discussions!

Thursdays | February 5th - April 23rd | 6:00pm-8:00pm EDT | Virtual | Open

Writing Drop-In Group – Spring Session

Hosted by InkWell, this writing group provides a dedicated space for writers of all experience levels. Each session features timed writing sprints, where students can work on assigned exercises or their own projects. The sessions conclude with time for sharing work, asking questions about writing practice or career, and receiving feedback.

Mondays | April 6th - June 15th | 1:00pm-2:00pm EDT | Virtual | Open

Women, Work & Racism

This interactive 12-week group is for Black, Indigenous, and racialized women and femmes those who have faced or are interested in learning more about racism in the workplace. We will examine the roots and theories around racism in Canada and the world, discuss relevant concepts, examine how racism at work has impacted our lives and mental health, and learn practical coping strategies and advocacy tools.

Tuesdays | February 17th - May 5th | 3:00pm-5:00pm EDT | Virtual | Waitlist

Peer Support Drop-In Group – Spring Session

Join us for an interactive peer-led drop-in group. We strive to create a space that is empathetic and compassionate where folks can feel heard, validated, and supported. We understand that mental health struggles can be overwhelming and isolating, and our goal is to provide a sense of connection and belonging in the group.

Tuesdays | March 31st - June 30th | 12:00pm-1:30pm EDT | Virtual | Open

Music Appreciation Drop-In Group - Spring Session

Hosted by Mobile Arts Programming (MAP), this group is open to anyone who listens to music. Each week, participants share what music has sparked their interest and discuss it as a group! Whether it's a new release or timeless classic, this group provides a platform for all things music. Additionally, there is an option to explore music creation using a web-based program.

Thursdays | April 2nd - June 25th | 10:30am-12pm EDT | Virtual | Open

Wellness Resource Exchange

Wellness Resource Exchange is a session designed for exchanging helpful wellness tools and resources with peers. Guided by a Lived Experience Peer Support Specialist, this group provides a safe space to discuss & exchange the resources that have helped support your wellness. Participants benefit from the opportunity to learn about new support services, self-help books, apps, podcasts, online support groups, substance use and mental health supports, tips, tricks and educational resources. These 1.5 hour sessions begin with a brief facilitator-led introduction including: guidelines for sharing; resources tracking sheets; a basic list of supportive resources. Next, the group will identify and highlight important areas for which they are seeking support and resources, and finally gather and share the resources they have found helpful, inspiring, and even life-changing.

Wednesday | April 8th | 2:30pm - 4:00pm EDT | Virtual | Open

Ongoing Registration

These courses you can register for at any time. Registrations are accepted on a continuous basis

Pre-Registration/Closed

Courses which require you to sign up before the start date. If the course has already begun, it will be listed as "closed."

Waitlist

This course is full. Register to be notified of open spaces.

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